

# Minnesota State University Moorhead

## NURS 420L: Gerontological Nursing to Promote Successful Aging

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

NURS 370 - Nursing Research and Evidence-Based Practice AND NURS 301 - Transitions

Corequisites: None

MnTC Goals: None

This course explores the experience and challenges of aging from the perspectives of the patient, the support system, the community, and the health care system. Factors and processes that are both contributors and barriers to successful aging and quality of life for older adults are identified. Various assessment tools and strategies for delivering evidence based care are examined. This will provide the basis for evidence based nursing care designed to enhance quality of life for the older adult in both health and disease states. The students will perform a complete gerontological assessment on an older adult of their choice and develop interventions to promote successful aging and quality of life.

**B. COURSE EFFECTIVE DATES:** 10/29/2012 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Cite alterations in physiologic and psychosocial function for older adults, and identify those that which are most amenable to health promotion and nursing interventions.
2. Differentiate sources of financing for health, long term and home health care of the elderly.
3. Discuss legal and ethical issues of the geriatric client.
4. Identify factors that contribute to successful aging and quality of life for older adults.
  - a. Define successful aging from the client perspective.
  - b. Recognize barriers to successful aging.
  - c. Utilize interventions that promote optimal function and quality of life in the aging client through all stages of health and illness, including acute and chronic conditions, pain management, and at the end of life.
5. Identify myths and realities related to healthy aging.
  - a. Recognize attitudes that can affect nursing care of older adults.
  - b. Differentiate normal aging from signs and symptoms of disease.
6. Utilize models of transitional care to evaluate and improve transitional care practices in the health care system.
7. Utilize nursing assessment tools and techniques to identify health care needs and problems in older adults. Select evidence based nursing approaches for nursing care of the aging client.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted